

2 hell and back



Choreographer: Rob Fowler & Kate Sala [April 2006]
Music: If You're Going Through Hell by Rodney Atkins
[download on Yahoo.com]
Description: 32 counts, 2 Wall, Beginner Level
Start: On vocals

1-8 Right side rock, Cross shuffle, Side ¼ turn right, Cross shuffle.

1,2 Rock right to right side, recover weight onto left
3&4 Step right across left, step left to side, step right across left,
5,6 Step left to left side, make a ¼ turn right stepping right to right side
7&8 Step left across right, step right to side, step left across right

9-16 Right side rock, Cross shuffle, Side ¼ turn right, cross shuffle.

1,2 Rock right to right side, recover weight onto left
3&4 Step right across left, step left to side, step right across left,
5,6 Step left to left side, make a ¼ turn right stepping right to right side
7&8 Step left across right, step right to side, step left across right

17-24 Touch right side, touch left heel forward, right kick and coaster, step forward, touch step back

1&2 Touch right to right side, step right foot next to left, touch left heel forward
&3 Bring left foot back next to right, kick right foot forward
4&5 Right coaster
6,7,8 Step forward on left, touch right toe next to left, step back on right

25-32 Left shuffle back, Right coaster step, Walk clap walk clap, Left side rock cross

1&2 Step back left, step right next to left, step back on left
3&4 Step back on right, step left next to right, step forward on right
5&6& Step forward left, clap, step forward right clap
7&8 Rock left to left side, recover, cross left over right.

START OVER

[amended July 06]

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